Oven-Fried Zucchini Sticks

From EatingWell: August/September 2005,
Our oven-baked zucchini sticks taste every bit as good as their deep-fried brethren with only a fraction of the fat and calories. Serve with a side of your favorite marinara sauce for dipping.

4 servings
Active Time: 20 minutes
Total Time: 40 minutes

INGREDIENTS

- Canola or olive oil cooking spray
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 pounds zucchini, (about 3 medium), cut into 1/2-by-3-inch sticks
- 2 large egg whites, lightly beaten

PREPARATION

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.
3. Bake on the center rack for 10 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 8 to 10 minutes more. Serve hot.
Green Chile & Goat Cheese Dip

From EatingWell: November/December 2010

This creamy, cheesy dip is spiked with green chiles and smoky chipotle pepper. Be sure to drain the ricotta the day before you want to serve the dip. Serve with tortilla chips or crackers.

3 cups

Active Time: 20 minutes Total Time: 40 minutes (plus 24 hours to drain ricotta)

INGREDIENTS

- 1 15-ounce container part-skim ricotta cheese, drained (see Tips)
- 8 ounces goat cheese, crumbled
- 2 4-ounce cans chopped green chiles
- 2 tablespoons toasted pepitas (see Tips)
- 1/4-1/2 teaspoon ground chipotle pepper, or to taste

PREPARATION

1. Preheat oven to 350ºF.
2. Coat a glass pie pan with cooking spray. Mash together ricotta and goat cheese in a medium bowl. Drain chiles in a colander or sieve, pressing to remove as much liquid as possible. Stir into the cheese mixture. Spread evenly in the prepared pan. Sprinkle with pepitas and chipotle.
3. Bake until the dip is bubbling at the edges, about 30 minutes. Let cool for 5 minutes.

TIPS & NOTES

• **Tips:** To drain ricotta, spoon into a sieve lined with a double layer of cheesecloth or a large coffee filter. Place over a bowl and drain in the refrigerator for 24 hours.

• **Pepitas,** olive-green-hulled pumpkin seeds, are commonly used in Mexican cooking and are a perfect snack when roasted and lightly salted. Find them in the bulk-foods section of natural-foods markets, Mexican grocers or at melissas.com. **To toast pepitas:** Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
Pumpkin Dip

Photo: Lee Harrelson; Styling: Jan Gautro, Laura Zapalowski

Bring out the best of fall’s flavors with this super-easy pumpkin dip, perfect for enjoying with fresh apple slices.

Yield: 12 servings (serving size: 2 tablespoons dip and 2 apple slices)

Ingredients

- 3/4 cup (6 ounces) 1/3-less-fat cream cheese
- 1/2 cup packed brown sugar
- 1/2 cup canned pumpkin
- 2 teaspoons maple syrup
- 1/2 teaspoon ground cinnamon
- Apple and pear slices

Preparation

1. Place first 3 ingredients in a medium bowl, and beat with a mixer at medium speed until well blended. Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes. Serve with apple and pear slices.

*Cooking Light*

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